

## **Baked Zucchini**

Zucchini is a green squash. Like yellow squash, it is not necessary to take the skin off to bake and eat it. Zucchini can be sliced and baked with yellow squash. Baking together brings out the flavors of both. Zucchini is often little firmer than yellow squash. This is why it is often fried in batter. While it is possible to make a gluten free batter, it is messy. Baked is simpler. It may be possible to bake it in the batter, and leave the mess behind. Dice the zucchini first. Grilling, alone or with yellow squash, is another alternative.

### **Pre Cook Preparation:**

- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat

### **Meal Adaptations:**

#### **Physical Accommodations:**

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

#### **Visual Accommodations:**

- Colored chopping boards

#### **Potential Food Allergy or Intolerance:**

- Bacon bits
- Butter (lactose)
- Pepper
- Squash
- Spices

#### **Meatless Preparation Avoid:**

- Bacon bits
- Butter
- Substitute with: \_\_\_\_\_

### **Utensils:**

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 2.5 quart oven safe pan with lid

**Ingredients:****Meat:****Optional:****Bacon bits****Vegetables:****Zucchini****Other ingredients:****1 tablespoon of butter****Dash of salt****Spices, such as pepper, to taste****Preparation time: 10 minutes****Preparation:**

- 1. Wash and slice 1 zucchini.**
- 2. Place in 2.5 quart oven safe pan:**
  - 1 tablespoon of butter**
  - Dash of salt**
  - Spices such as pepper to taste**
  - 1 sliced zucchini**
  - Enough water to almost cover it**
  - Optional:**
    - Bacon bits**
- 3. Cover and place in oven.**

**Cook Temperature: 350 degrees****Cook Time: 45 minutes to 1 hour****Servings: 1 to 2****Storage Solutions: Square containers in individual servings****Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer****Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources****Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.